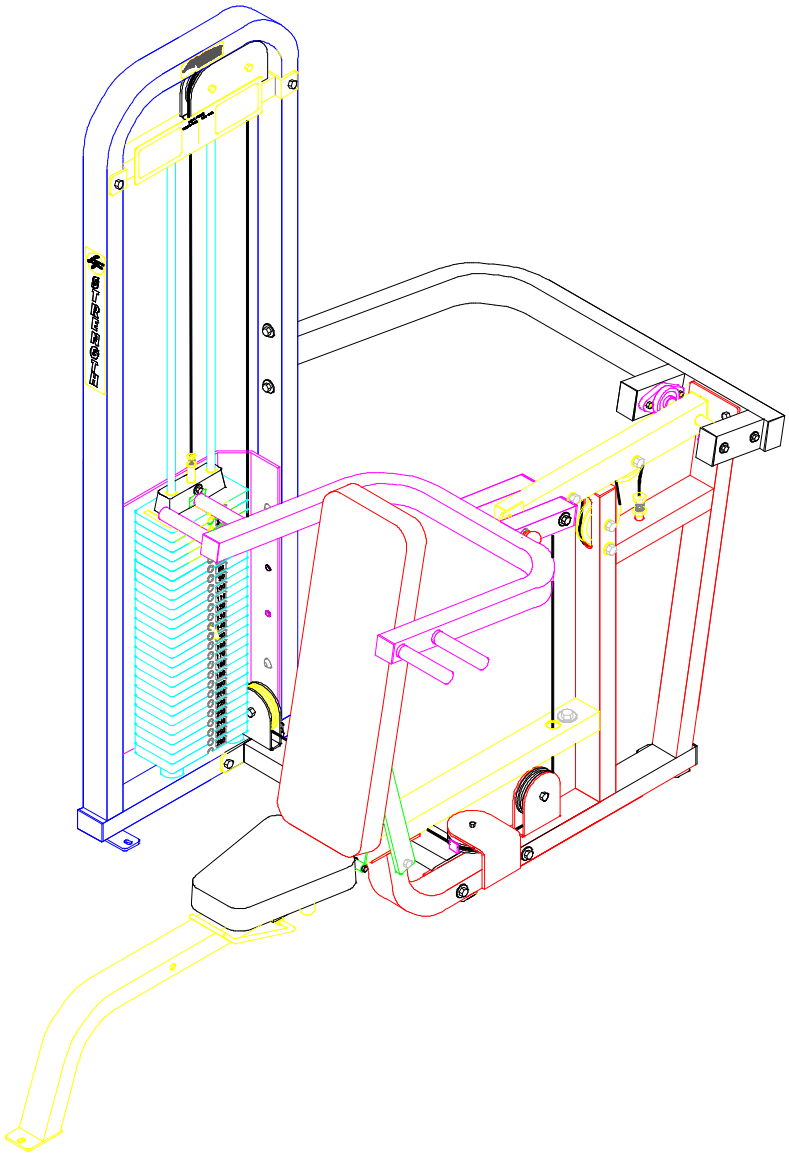
LifeFitness STRENGTH

8216 50 LB. ADD-ON KIT



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

Please note:

* Thank you for purchasing the LIFE FITNESS 8216 50 LB ADD-ON KIT. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your LIFE FITNESS customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

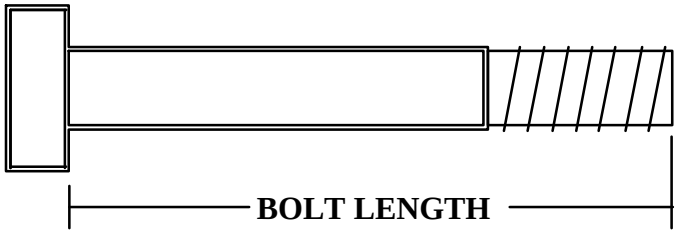
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local LIFE FITNESS STRENGTH distributor or call the LIFE FITNESS STRENGTH customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

Tools Required for Assembly

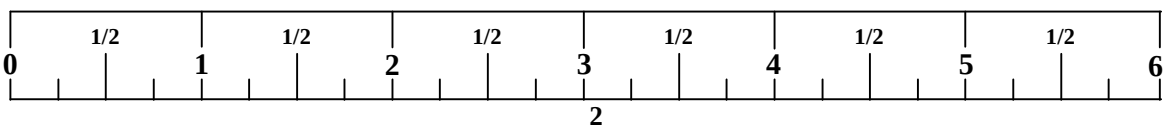
* 3/4” wrench, 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 7/32” Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	6284501	25 HOLE WEIGHT STACK SHAFT	1		4	6703801	WEIGHT STACK LABEL (lbs.)	.1
2	6812701	212-3/4" CABLE ASSEMBLY	1		5	6198501	WEIGHT STACK LABEL (1-25)	1
3	6382301	WEIGHT PLATE BUSHING 10 CT	1		6	6214501	WEIGHT PLATES	5

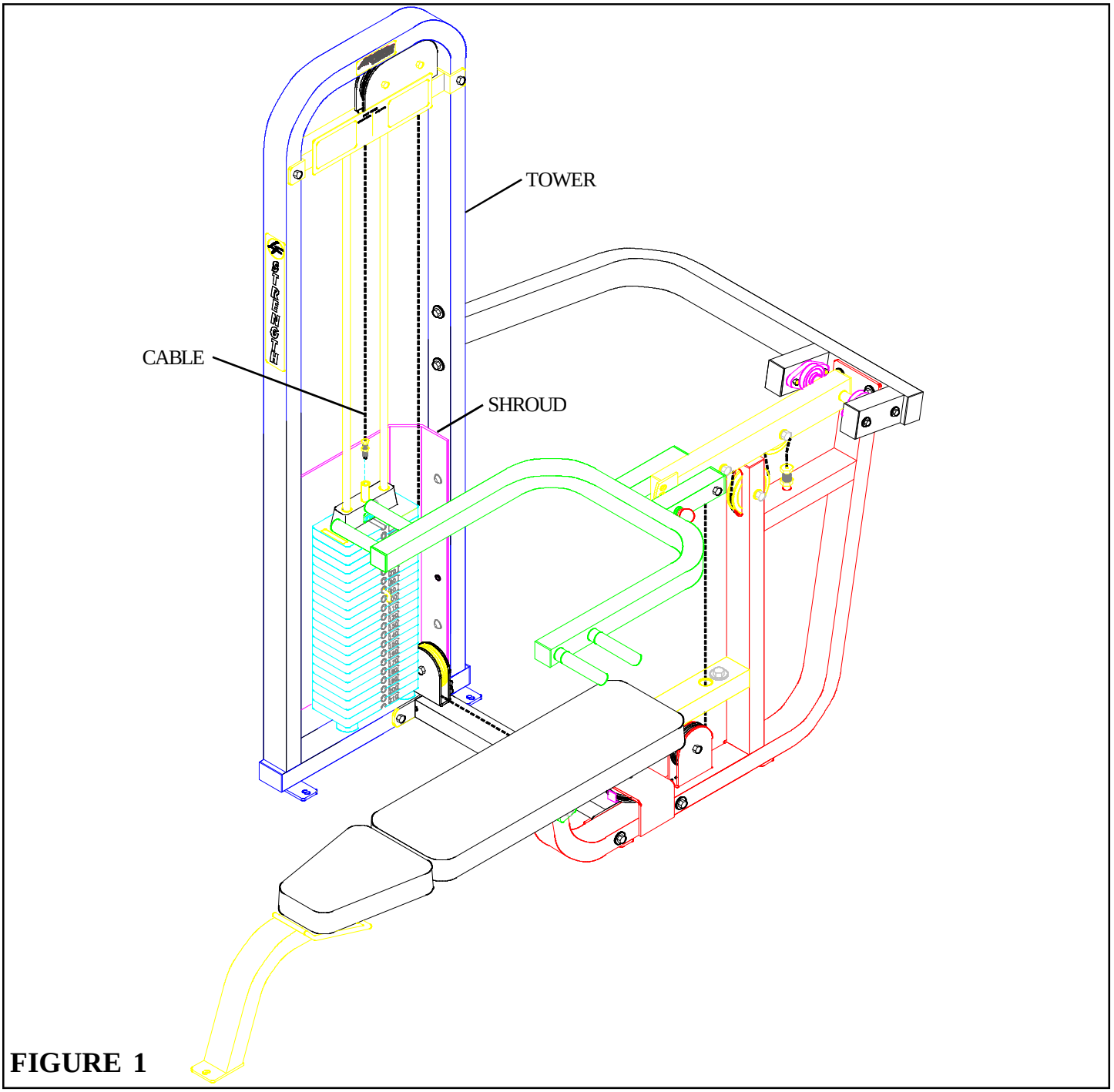


FIGURE 1

STEP 1:

- Unscrew the threaded end of the CABLE (67846) from the WEIGHT STACK SHAFT of the HEAD PLATE.
- Completely remove CABLE (67846) from the TOWER BRACE, LOWER CROSS SUPPORT, and BENCH FRAME. See FIGURE 1. **(NOTE: It may be necessary to loosen and remove some pulleys before removing the cable.)**
- Discard CABLE (67846).
- Remove the SHROUD from TOWER for ease of assembly.

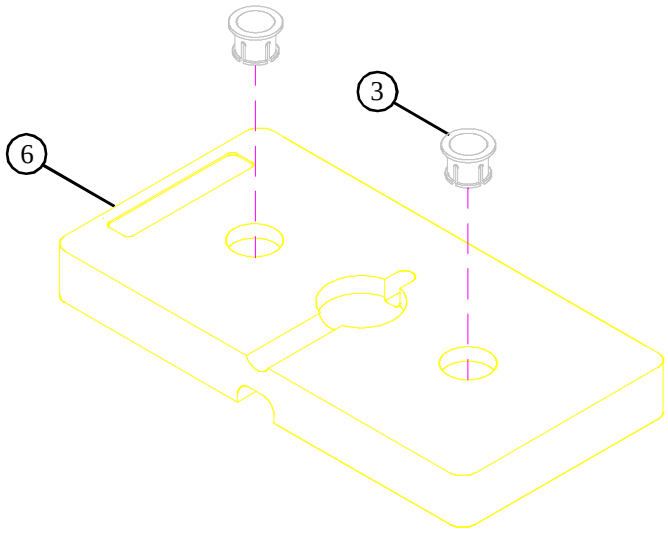
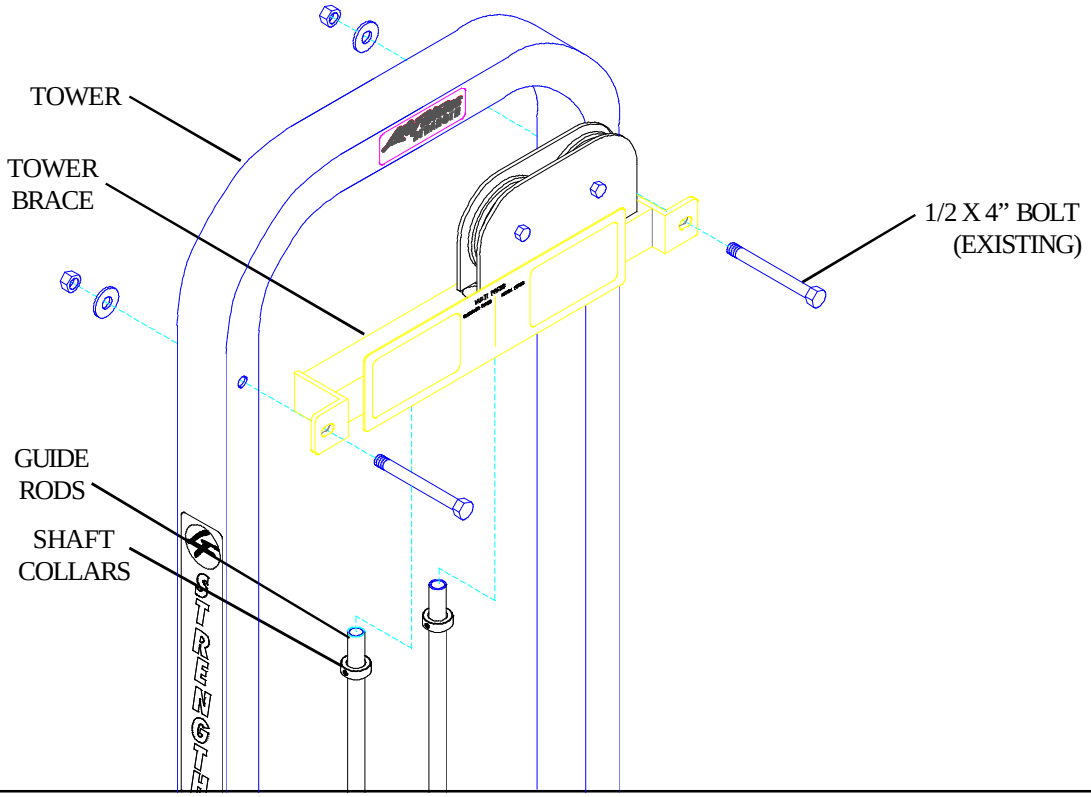


FIGURE 2

STEP 2:

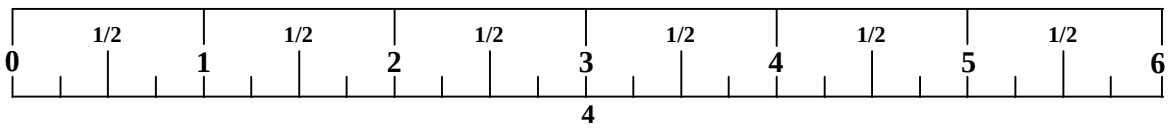
- Snap two WEIGHT PLATE BUSHINGS (3) into the top of all five WEIGHT PLATES (6) as shown in FIGURE 2.

FIGURE 3



STEP 3:

- Remove two 1/2 X 4" BOLTS, two 1/2" WASHERS, and two 1/2" LOCK NUTS from the TOWER BRACE to remove the TOWER BRACE from the TOWER and GUIDE RODS as shown in FIGURE 3.
- **LOOSEN** the SHAFT COLLAR SET SCREWS and slide them off the GUIDE RODS.



STEP 4:

- Tilt the GUIDE RODS back and remove the HEAD PLATE ASSEMBLY, and the twenty WEIGHT PLATES.

- Unbolt the old WEIGHT STACK SHAFT from the HEAD PLATE and replace it with the new 25 HOLE WEIGHT STACK SHAFT (1). **(NOTE: The bolt hole in the HEAD PLATE should be on top. Please discard the old WEIGHT STACK SHAFT.)**

- Attach the WEIGHT STACK LABELS (4) (#'s 220-260) or (5) (21-25) to the five WEIGHT PLATES (2) as shown on FIGURE 4.

- Insert the two GUIDE RODS through the two WEIGHT STACK CUSHIONS into the base of the TOWER as shown in FIGURE 4. Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.

- **<u>USING EXTREME CARE</u>**, slide the five new WEIGHT PLATES (6) and the previous twenty WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS. **(NOTE: Make sure that the key holes of the WEIGHT PLATES all face the same way.)**

- Carefully Slide the new HEAD PLATE ASSEMBLY down over the GUIDE RODS onto the weight stack as shown in FIGURE 4.

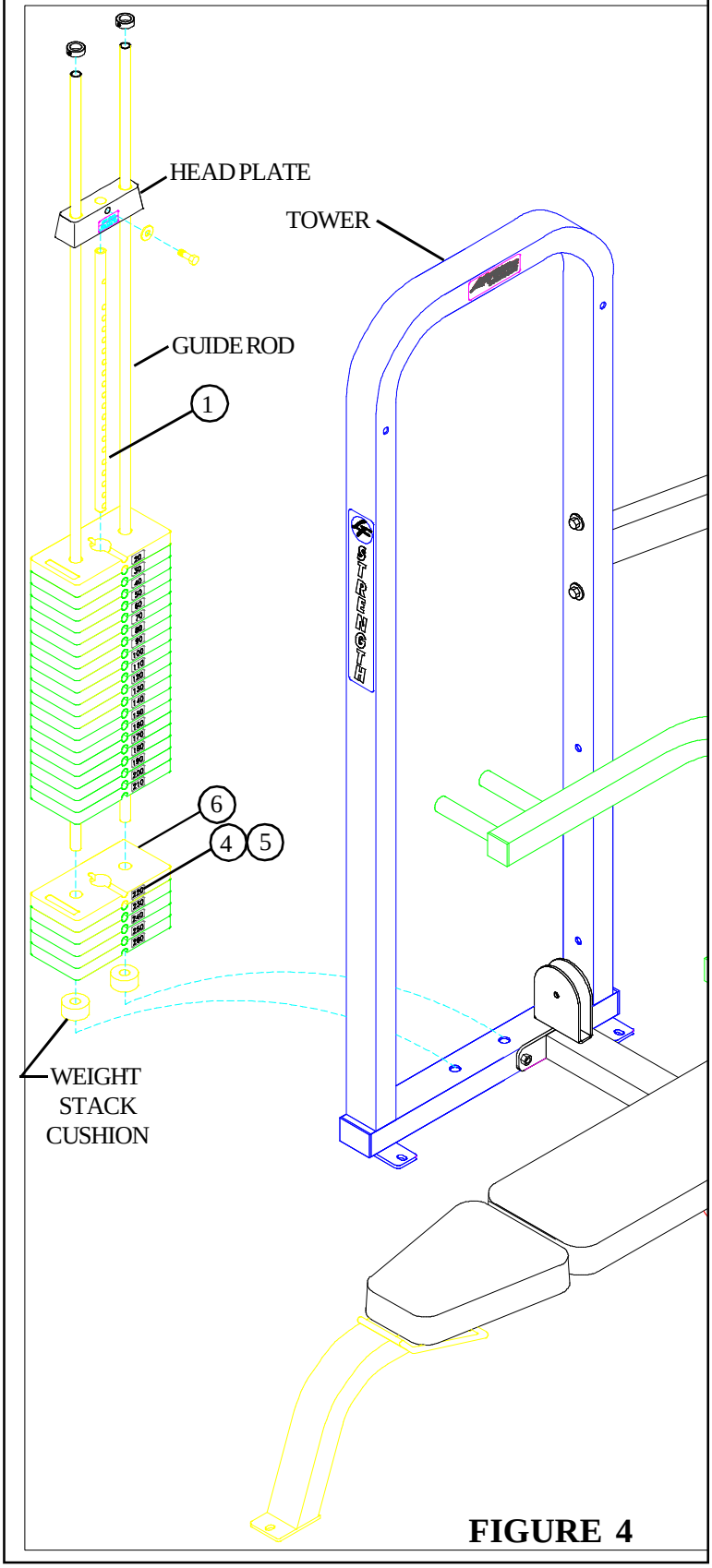
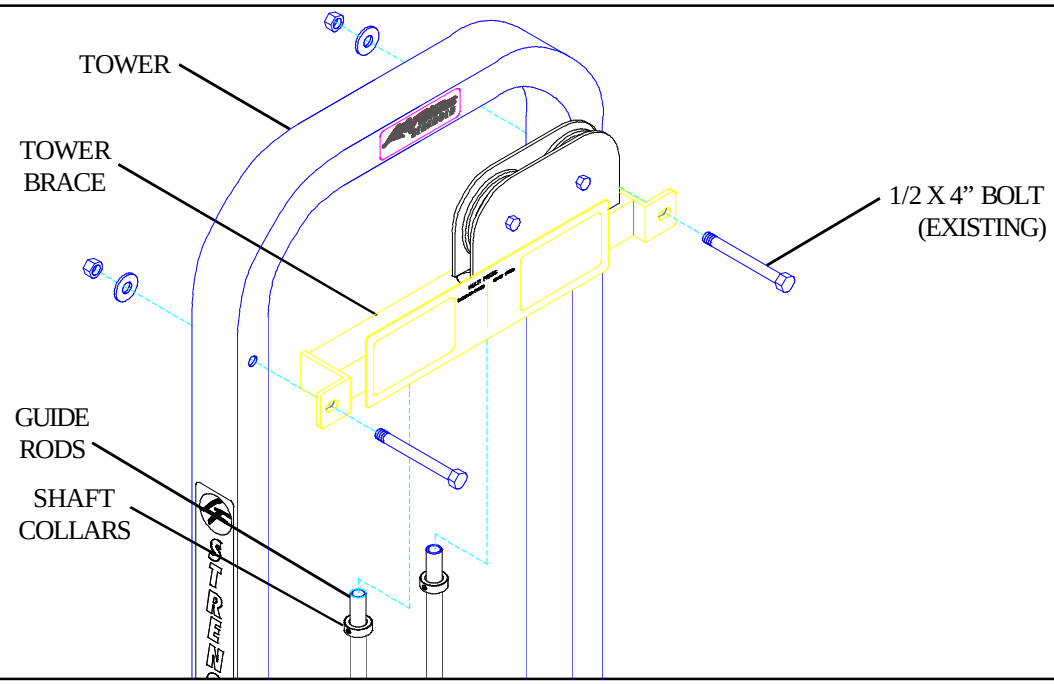


FIGURE 4

FIGURE 5



STEP 5:

- Place TOWER BRACE over the GUIDE RODS and securely fasten TOWER BRACE to TOWER using previously removed 1/2" X 4" BOLTS, 1/2" WASHERS, AND 1/2" NUTS as shown in FIGURE 5.
- Slide the SHAFT COLLARS to the top of the GUIDE RODS and **SECURELY** tighten the SHAFT COLLAR SET SCREWS .

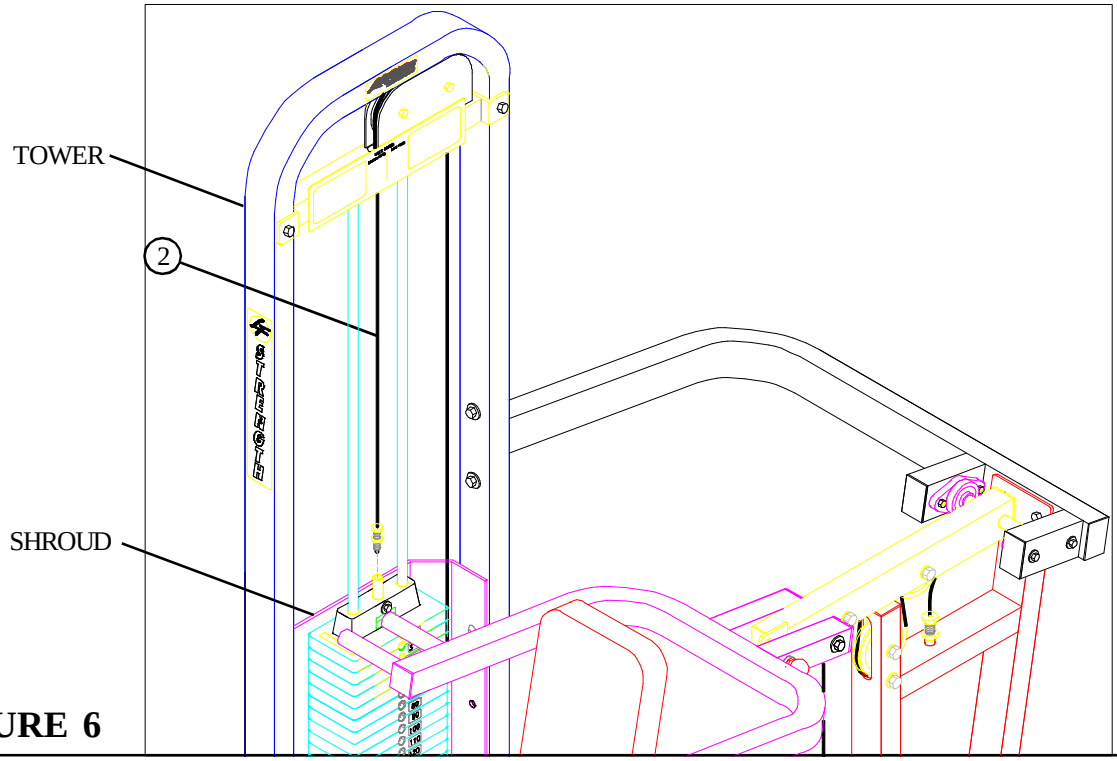
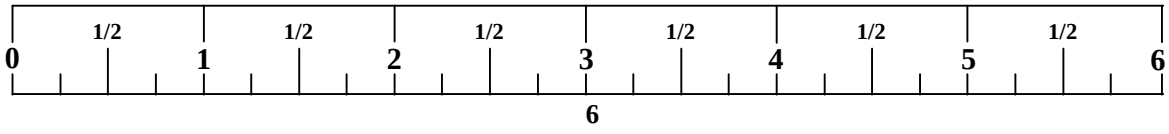


FIGURE 6

STEP 6:

- Route threaded end of new **CABLE (68127) (2)** around pulleys in TOWER BRACE, LOWER CROSS SUPPORT, and BENCH FRAME as shown in FIGURE 6.
- Retighten any loosened pulley connections.
- Reassemble SHROUD to the TOWER.



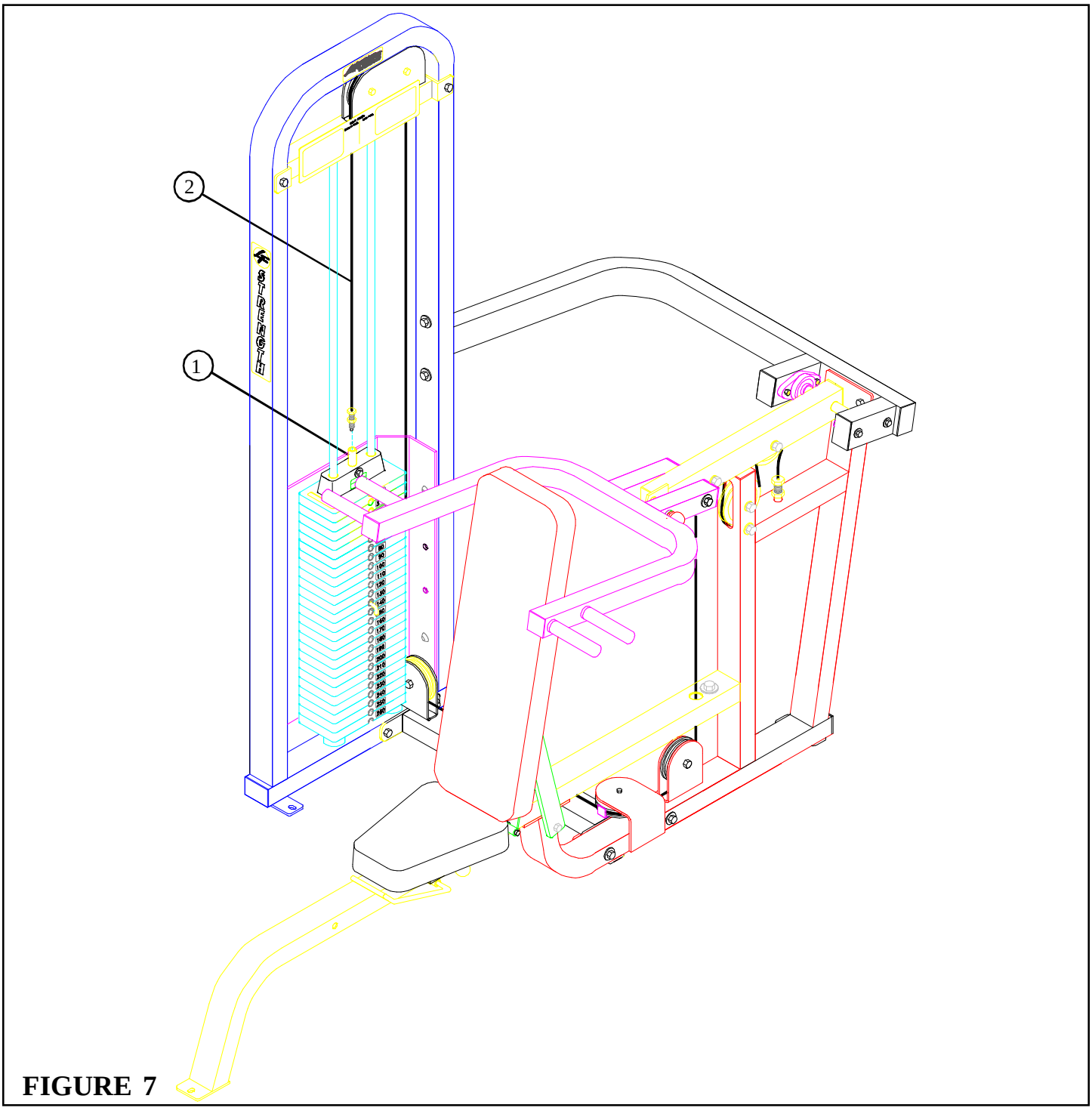


FIGURE 7

STEP 7:

- Screw the threaded end of the new **CABLE (68127) (2)** approximately 3/4" into the end of the WEIGHT STACK SHAFT (1) and tighten jam nut securely.
- If the HEAD PLATE does not sit on top of the first WEIGHT PLATE, push the head plate down, insert the SELECTOR PIN and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE from lifting up.
- If after completing the previous step, the HEAD PLATE still does not sit on top of the first WEIGHT PLATE or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

Thank you for purchasing the LifeFitness 8216 50 LB. ADD-ON KIT. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.